

Taking Care of Yourself

Keys to controlling diabetes

1. Eat healthy meals and snacks
2. Take your medicine
3. Monitor your blood sugar and keep a daily log
4. Exercise (at least 3 times a week for 20 minutes)
5. Live a healthy lifestyle (no smoking, less stress, adequate sleep, avoid excessive alcohol)
6. Lose weight if overweight
7. Maintain recommended weight
8. Reduce/control high blood pressure
9. Adjust your meal plan/exercise to keep your blood sugar in the desired range. A glycated hemoglobin (HbA_{1c}) blood test can determine how well your blood sugar has been controlled during the past three months.
10. Check and take special care of your feet and skin every day
11. Make and keep follow-up appointments with your doctor and others
12. If you need help, ask for it

Insurance coverage for people with diabetes

New Texas and federal laws require certain health benefit plans to provide better coverage for insured individuals with diabetes, including diabetes supplies, equipment and education about how to control diabetes. Ask your health benefit plan coordinator or insurer to give you written information on your covered benefits. If you don't have health insurance now, you may be eligible to participate in the Texas Health Insurance Risk Pool which offers medical coverage to people with diabetes.

For more information about health insurance coverage, contact the Texas Department of Insurance:

- General information and claims: Consumer Help Line, 1-800-252-3439
- Insurance contracts: Contact Life/Health Group, 512-322-3401
- HMO contracts: Contact HMO Group, 512-322-4266

Free publications available from the Texas Diabetes Council:

Could You Have Diabetes? (a quiz)

Living with Diabetes (a guide)

You Have the Power:

Controlling Diabetes One Day At A Time

Food for Life: Living Well with Diabetes

For more information about diabetes, contact:

Texas Diabetes Council
Texas Department of Health
1100 West 49th Street, Austin, Texas 78756
512-458-7490



 American Diabetes Association.

Produced and distributed by the Texas Diabetes Council
Stock No. 10-28 5/98

Living with Diabetes (a guide)

If you're among the 16 million Americans

who have diabetes, here is some

advice you can live with. Regular check-ups,

exercise, controlling your blood sugar

and healthy eating can help you prevent or

delay complications from diabetes.

Before

Your doctor visit

Symptoms to report:

- ☐ Blurred vision
- ☐ Fatigue, lack of energy
- ☐ Extreme thirst, hunger
- ☐ Frequent urination
- ☐ Sudden weight change
- ☐ Numbness or tingling in hands or feet
- ☐ Slow healing sore or cut
- ☐ Frequent infections
- ☐ Depression
- ☐ Other _____

Patient/Doctor Checklist:

First visit

- ☐ Complete history and physical exam
- ☐ Urinalysis for microalbuminuria or protein
- ☐ Blood creatinine (mg/dl)
- ☐ 24-hour urine creatinine (as needed)

Each visit

- ☐ Weight
- ☐ Blood pressure
- ☐ Foot exam
- ☐ Fasting blood sugar (FBS)
- ☐ Review self-monitoring log book

At least twice a year

- ☐ Glycated hemoglobin (HbA_{1c})
- ☐ Dental exam by dentist

At least once a year

- ☐ Eye exam (dilated)
- ☐ Flu shot
- ☐ Pneumococcal shot (usually only one time)

Other blood tests (as needed)

- ☐ Total cholesterol (mg/dl)
- ☐ HDL cholesterol (mg/dl)
- ☐ LDL cholesterol (mg/dl)
- ☐ Triglycerides (mg/dl)

During

Your doctor visit

Questions to discuss:

- ☐ How can I tell when my blood sugar is low?
- ☐ What can I do when my blood sugar is low?
- ☐ What are the effects if I use tobacco? Alcohol?
- ☐ What if I plan to get pregnant?
- ☐ How can I deal with feeling depressed?
- ☐ What if my energy level is low?
- ☐ How do I manage an infection? High fever?
- ☐ What should I do if I have vomiting or diarrhea?
- ☐ Other _____

Results of exam on _____ (date)

Weight _____ Goal _____

Blood pressure _____ Goal _____

Foot exam result _____

*Eye check result _____

*Dental check result _____

*These don't take the place of separate visits to your eye doctor and dentist

If you take prescription and over-the-counter drugs, make a complete list or take your medicine with you to show your doctor.

Results of blood tests _____ (date)

FBS: _____ Goal _____

HbA_{1c} _____ Goal _____

Cholesterol _____

HDL _____

LDL _____

Triglycerides _____

Results of urine tests _____ (date)

Microalbuminuria _____ Normal range _____

Urine creatinine (24-hr) _____ Normal range _____

After

Your doctor visit

Appointments to make:

- ☐ Lab
- ☐ Diabetes educator
- ☐ Dietitian
- ☐ Eye doctor
- ☐ Dentist
- ☐ Foot doctor

To do list:

1. Blood sugar self-monitoring plan _____

2. Healthy eating plan _____

3. Exercise plan _____

4. Healthy lifestyle changes _____

5. Foot/skin care plan _____

6. Medication schedule _____

7. Other _____

